

## **Private Mental Health Therapists**

-Families Together-Janis Masse LCSW      Catskill & Kingston NY- 518-719-0123 - 518-868-6037  
adults, teens, children \*accept most insurances

[jmasse@famielstogetherny.com](mailto:jmasse@famielstogetherny.com)    <https://www.famielstogetherny.com/>

-Clearwater Counseling Associates      Hudson, NY 518-261-9038 ext. 102  
(Managed Medicaid, Medicare, CDPHP, BCBS, Empire Plan, Fidelis, MVP, CDPHP) Adults, teens,  
children

-Columbia Memorial Outpatient Psych      Hudson & Catskill 518-697-8010  
\*accepts most insurances

-Jessica Dillon LCSWR      Delmar/Saugerties, NY – 518-265-5153  
(Aetna, Empire BCBS, BCBS, BlueShield of NENY, CDPHP, Emblem Health, Fidelis, Humana, MVP,  
Magnacare, Medicaid, Medicare, NYSHIP, Optum, United Health Care) adults & teens

-Michelle Fischer LMHC      Coxsackie NY- 518-731-6781 – 518-303-5674  
(Aetna, CDPHP, Fidelis)

-Kelli Gilmore LCSWR, CASAC      Saugerties NY- 914-466-0930 – 914-600-7174  
(BCBS, CDPHP, Empire BCBS, MVP, Medicare) adults & teens

-Lucas Monroe LCSWR      Woodstock NY- 518-348-8233  
(Empire BCBS, BCBS, CDPHP, Emblem Health, Fidelis, MVP, Magna Care, Optum, Tricare) adults,  
teens, pre-teen

-Dan Michaud      East Chatham, NY 518-418-7801  
(BCBS, BlueShield of NENY, CDPHP, Emblem Health, Empire BCBS, MVP, Medicare, Medicaid)  
adults & teens

-Walter Kendall PhD      Castleton NY 518-599-5007 adults

-Pamela Perkins LCSW      845-616-9087 – 845-875-4346  
(BCBS, Empire BCBS, CDPHP, Fidelis, MagnaCare) adults, teen, children

-Carole Sayle LCSW-R, CASAC      Palenville, NY (518) 943-5354  
(Aetna, Anthem, BCBS, CDPHP, Cigna, Emblem Health, Empire BCBS, Fidelis, MVP, Magellan,  
Medicare, NYSHIP, Optum, Tricare, United Health Care) adults

-Suzanne Tolomeo LMHC      Leeds, NY 518-620-4769  
(Aetna, CDPHP, Emblem Health, Fidelis, Horizon BCBS, MVP, Magellan, MagnaCare, Tricare,  
United Health Care, MVP) Adults, teen, children

-Yasamin Larizadeh, LCSWR Chatham, NY 518-319-3018  
( BlueShield of NENY, CDPHP, MVP, NYSHIP) adults, teens, children

### **Private Psychiatrists**

-Apti Health – fully telehealth based service with **both therapists & psychiatrists**  
Most insurances & managed Medicaid Plans  
(888) 454-3827 <https://www.aptihealth.com/>

-Valera Health - fully telehealth based service with both therapists & psychiatrists  
<https://www.valerahealth.com/>  
Aetna, BCBS, Beacon, CDPHP, Cigna, Humana, MVP, Oscar & UHC Optum

-Evolve Psychiatry (therapy & psychiatry) Albany 631-229-4227  
<https://evolvepsychiatryalbany.com/albany-ny/adult-psychiatry/>

-Peeyush Mittal MD Catskill NY 518-688-1738  
<https://www.peeyushmittalmd.com/>  
Medicare, Empire BCBS, CDPHP, MVP, Blue Shield of NENY, BCBS, Aetna, UHC, Optum, Cigna

-New Spruce Psychiatric-James Weidel Catskill NY 518-947-9140  
<https://www.newsprucepsychiatric.com/>  
CDPHP, Medicare, Medicaid, Aetna, Cigna, Empire BCBS, Blue Shield of NENY, UHC, MVP, Fidelis

-Vitality Psychiatry Group (**therapy & psychiatry**) Albany, NY 518-691-0732  
<https://vitalitypsychiatry.org/contact-us/>  
adults, teens, children

-Cynthia Spellman Albany 518-951-8582 (TELEHEALTH)  
<https://psychiatristalbany.com/home/>  
Out Of Network Insurance

-Julia Eilenberg Rhinebeck, 845-876-7822  
<http://www.juliaeilenberg.com/index.html>  
Out of Network Insurance

**Private Psychological Testing (ie ADHD testing) and Counseling**

Karner Psychological Associates

Guilderland/Clifton Park, NY (518) 456-5056

<https://karnercare.com/>

Freedom First

Latham NY (518) 560- 4277 <https://freedomfirstpsych.com/>

University At Albany Psychological Testing

Albany NY (518) 442-4900

<https://www.albany.edu/psc/psychological-testing>

**Additional Resources:**

Anger Management & Parenting Classes: Cornell Cooperative Institute,  
Rebecca Polmateer 518-622-9820 x117

Public Health New Mom & Baby Visits: Please call 518-719-3600 for more information or visit  
<https://www.greenegovernment.com/departments/public-health/new-mom-baby-visits>